

Wellbeing Champion Newsletter

LEADING HEALTHY CHANGE

Staying cool and safe this summer

Here are tips to help you enjoy the season:

Hydrate – Carry a refillable water bottle and drink often.

Protect Yourself – Wear sunglasses, light clothing, and sunscreen (make sure it's marine or reef safe if you're swimming in a natural body of water).

Take Breaks – Rest in the shade during peak sun (10 a.m. – 4 p.m.).

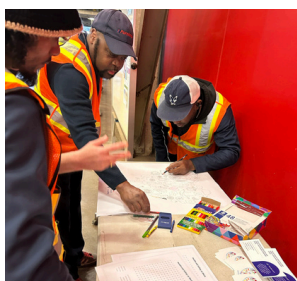
Be Water-Wise – Never swim alone and always supervise kids.

Plus, we're celebrating 3 years of Purolator Health! Thanks for being part of our evolving journey to build a healthier workplace as One Team.

Purolator Health in Action

Thanks to our Wellbeing Champions for leading creative activities during Mental Health & Safety Week! Your efforts helped raise awareness and showed that health and wellbeing belong everywhere.

Purolator Health highlights!



Wellness Wall of Fame: PTH spotlight

This summer, we're proud to recognize **Melody Scarlett**, Senior Account Executive, for her outstanding dedication and community spirit. For years, Melody has led Tackle Hunger campaigns in Orangeville, supporting local food banks. She shares her passion for volunteering with her children, teaching them the value of giving back.

Wellness Calendar

Check out what's happening in July & August:

- Enhancing couple relationships
- Cautious consumerism
- The art of managing conflict
- Budgeting 101
- Music for the Mind
- Bet you didn't know about E.F.A.P.
- Take a Break Tuesday (stretching for safety)
- Strength and Conditioning
- Ask your CMD

Wellness Moment

As temperatures rise, so does the need to stay safe.

Wellness Moments



Sun Safety

Sunlight helps us to synthesize Vitamin D, important for bone health. However, UV light can damage skin (even on cloudy days).



Wear a hat and sunglasses



Stay in the shade



Apply sunscreen

Additional Resources

[Employee and Family Assistance Program](#)

[Discounts and Promotions](#)

 TELUS Health

 workperks

JOIN OUR TEAM

To learn more or join our leadership team, click the buttons below:



Contact Us:

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[Visit www.purolatorhealth.com](http://www.purolatorhealth.com) for
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JULY & AUGUST 2025